

Motherhood Process Group



Virtual Process & Support Group

Led by: Maria Bailey, LPC &
Julie Canada, LPC, ATR

Tuesdays
12:00PM - 1:00PM
Virtual only

New group starting:
9/16/2025



Objectives:

Provide a safe space for women to express the challenges and joys of motherhood

Normalize the emotional highs and lows of motherhood

Explore the evolving identity of "mother" and how it intersects with other roles

Address conflict resolution, emotional labor, and boundary-setting

Reduce feelings of isolation and shame

Encourage mutual support and understanding among group members

For registration & inquiries:

(804) 303-9622



Location: Virtual



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we will reach
out to you!



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